

## BREAKING THROUGH THE BLOCK

Sometimes when we feel blocked in life it can be hard to work out how to overcome it. Understanding the block and what it looks like, can enable us to take the power back, and we can start to move forward.

How big is your block? Is it larger or smaller than you?	
How heavy does it feel?	
What shape is your block? Does it have edges; if so are they sharp or soft?	
Does your block have a colour? Or texture?	
Are there any smells you associate with the block?	
Is there are sound you associate with your block?	
Now you have spent some time thinking about your block, how would you describe it? Are there any words you might associate with it?	
What percentage of your block, actually belongs to you?	
What would help you overcome your block? What is the first thing you can do to help break down your block? How might you do it?	
How are you feeling about your block now? If you are still struggling to make sense of your block. It can help to close your eyes for a minute and visualise your block. Once you open your eyes, what words come to mind about your block?	